

BELMONT RECREATION DEPARTMENT

LIFEGUARD TRAINING COURSE 2016

DATES: **Sunday March 13**
 Sunday March 20
 Sunday April 3

SITE: Pool and Classroom 120 – Belmont High School

TIME: 9:00 A.M. – 6:00 P.M.

FEE: **\$380.00 Full Course**
 \$200 Recertification (must attend 15hrs/begins on 3/20 at 10:30am)

Make checks payable as follows:

\$45.00: Town of Belmont (\$70 if non-resident)

\$335.00 Sara Varella

(*Certification costs are included.)

PRE-REQUISITES: Age 15 years and older
 Must be able to swim 300 yards continuously(front crawl and breast stroke).
 Tread water for 2 minutes with legs only.
 Surface dive to retrieve 10 lb object in 7 feet of water.

NOTES: (*All Certifications last for two year period.)

ATTENDANCE FOR ALL CLASSES IS MANDATORY.

Space is limited.

Be prepared with suit and towel, and classroom materials each class meeting.

Bring snacks, beverages and lunch

All participants must be registered for the course by March 11, 2016. Late registration fee will be applied after registration date.

Any cancellations made after March 11, 2016 will result only in a 50% refund, unless approved at the instructors' discretion.

Please disclose any physical limitations or disabilities and any chronic health concern with the instructor before course begins. Goggles cannot be used during skill assessments.

Name_____

Address_____

Phone_____ Emergency #_____

Date of Birth_____ Age_____ Grade_____

E-Mail Address:_____

I, the undersigned give permission for my child to participate in the Lifeguard Training Course sponsored by the Belmont Recreation Department. I do hereby waive, release, absolve, indemnify and agree to hold harmless the Belmont Recreation Department, the Directors, instructors, coaches, participants for any claim arising out of an injury(s) to my child.

Parent/Legal Guardian

Date

